

Action Line

Policy on body piercing What is the base policy on body piercing?

Currently there is no base policy. Right now, I consider it a fad, just like long hair was in the '60s. I don't think it's a long-term threat to the health of the Air Force or our readiness, and I am sure it will soon pass.

In the interim, I consider body piercing unprofessional and "unmilitary" in appearance, and have also heard that it has caused some significant medical problems with some individuals.

Whether on or off duty, we chose this way of life because we wanted to be a cut above -- a part of a professional team in which no one person is "better" than another, or no one person is given more "rights" than another. Actually, we've somewhat shunned people who try to bring attention to themselves over the identity of the squadron or group. As members of the U.S. Air Force, we've all elected to give up some of our personal rights to form a stronger bond. That's what distinguishes us

from the second-rate outfits that we've all seen! With this in mind, I discourage military members from getting pierced beyond established standards. I think it detracts from our professional image.

Expand emergency room

Editor's note: This is a follow up to an action line published in the Sept. 27, 1996 "Jet 48."

Can you expand the size of the emergency room or have an additional location with an intercom to inform patients of their turn?

The emergency room staff will use the intercom to call patients waiting in radiology overflow area. Patients who choose to wait in the radiology waiting room should notify the emergency room staff be-

fore leaving the emergency waiting area. For more information, call the 48th Medical Group patient advocate at Ext. 2840.

The Action Line is your direct link to me for complaints, suggestions, or comments. It's not intended to replace the chain of command. When normal command and agency channels haven't been able to resolve your concerns, call Ext. 2324, fax (Ext. 5367), e-mail (Action_Line), distribution (48 FW/PA), mail (48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215), or hand carry your Action Line to the public affairs office (Bldg. 1085). You may remain anonymous; however, to receive a reply, leave your name, unit, duty or home phone number, and full APO mailing address. Names will be kept confidential.



48th Fighter Wing commander

What is a designated driver?

By Col. Steve Paladini
48th Fighter Wing vice commander

One month ago, at 48th Fighter Wing "designated driver" was apprehended for driving under the influence of alcohol. So what's a designated driver anyhow? Is it the least drunk among those drinking, the drunk who weighs the most, the responsible driver

that's just going to have a few beers, or the responsible driver who drinks no alcohol at all?

If you chose anything other than the last option you are wrong.

The principle is simple: one individual refrains from drinking alcoholic beverages to assure safe transportation home for the other guests. At the next day's or week's party, social gathering, or trip to the local pub, another person volunteers and the responsibility rotates.

In Sweden and the United Kingdom, where the practice originated, designated

drivers place their car keys in their empty beverage glasses so they aren't served. Some drinking establishments have a policy of serving free soft drinks and juices to the designated driver, including all 48th Fighter Wing and 100th Air Refueling Wing services facilities.

Risking your career, a large fine, and most importantly your life or the life of an innocent victim is not worth it.

So if you are out drinking with your friends, have a designated driver. If you are the designated driver, live up to your responsibilities and don't drink any alcohol at all.

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<http://www.lakenheath.af.mil/jet48.htm>

On the cover

Photo by SSgt. Steve Ball

Jacqueline, Kira, SSgt. Francis and Lisa Cantwell play a game of Monopoly. See page 15 for information on how the Air Force Assistance Fund has helped the Cantwells.



Lakenheath -- Mildenhall -- Feltwell

Great American Drinkout

Col. Doug Richardson, 48th Fighter Wing commander, and the wing's leadership challenge each member of the community to abstain from drinking alcohol from 12:01 a.m. today through noon Saturday.

"This can be our silent yet active protest against the problems alcohol abuse can cause," said Richardson.

In support of the drinkout the following facilities offer these specials beginning today:

- ☐ The Liberty Club and officer's club will serve free nonalcoholic beer and nonalcoholic frozen drinks throughout March.
- ☐ The rod and gun club will serve nonalcoholic beer and nonalcoholic frozen drinks throughout the weekend.
- ☐ Facilities at all three bases serve free beverages to designated drivers throughout the year.

Nearly 500 in community receive terrorism training

By TSgt. Jim Greeley
352nd SOG public affairs

About 450 members of RAFs Lakenheath and Mildenhall got a crash course on terrorism recently when the Air Force Special Operations Command Dynamics of International Terrorism course rolled into town.

"During the class I came to realize being an American military member makes me a high profile target for anyone looking to make a point through terrorism," said TSgt. Dwight Vickers, a scheduler from the 352nd Special Operations Group. "I never really thought about that before DIT. But, I also learned a lot of things I can do to make myself harder to kill."

The DIT class, normally taught at AFSOC's Special Operations School at Hurlburt Field, Fla., is Terrorism 101. And, taking the show on the road served a dual purpose - it brought valuable training to people here while saving the Air Force more than \$1 million in student TDY expenses, according to SSgt. Sonja Johnson, from the 352nd Operation Support Squadron. Johnson helped bring the course here.

"This is a basic course geared at giving students as much information as possible about the workings of terrorists and steps people can take to make themselves less of a target to terrorists," said Col. James Kingsley, the dean of academics for the AFSOC special operations school.

The special operations school offers 17 different courses at Hurlburt, but the one constantly in demand is DIT.

The course combines military subject mat-

ter experts and guest speakers to cover the gamut of terrorism. Hostage survival, kidnapping, hijacking, case studies and travel security are a few highlights. The course also examines terrorist weapons - punctuated by an explosives demonstration.

The most effective portions of the course are the guest speakers, according to Kingsley. "The guest speakers set the course apart," said Kingsley.

The people attending the course at Mildenhall heard from survivors of terrorist acts. Maj. Gen. James Dozier and his wife Judith gave a personal account of Dozier's 1981 kidnapping by the Italian Red Brigade. Dick Melhart, a survivor of the terrorist hijacking of Pan Am flight 73 in Pakistan, recounted his experience.

"Their experiences were the real thing," said SSgt. Joycelyn Bryan, from the 352nd Maintenance Squadron. "It made me think about what I would do if I was in that position."

DIT instructors actually presented the course at both Lakenheath and Mildenhall and then traveled to Brindisi, Italy, to train another 100 members of the 352nd Special Operations Group deployed in support of Operation Joint Guard.

At each location the basic message was the same. No one is immune to terrorism and being stationed overseas only increases the risk.

"The simple fact is, you're more likely to be involved in a serious traffic accident than become a victim of terrorism," said Maj. Richard Cummings, a DIT instructor. "However, you can narrow those chances even further through increased awareness of potential problems and careful planning."

Finnish general visits Lakenheath

By SrA. Jeff Capenos
Public affairs

The Chief of Staff of the Finnish Air Force along with the USAFE commander, visited RAF Lakenheath Tuesday to see first hand the air operations of a U.S. Air Force fighter wing.

As new members of the Partnership for Peace Accord, the Finnish government is furthering their cooperation and understanding with the U.S. Air Force and other nations, said Gen. Michael Ryan, U.S. Air Forces in Europe. "This is a great opportunity for the two countries to establish a foundation for the future."

Building on that foundation, the Finnish general met with the wing's senior leaders and toured the base to get a taste of day-to-day operations.

"This visit is important to me because our government recently bought F-18s and AMRAAM missile systems, and I want to see how the military utilizes these McDonnell-Douglas Aircraft," said Maj. Gen. Matti Ahola, Chief of Staff of the Finnish Air Force. "It's interesting to see how the U.S. Air Force does business and trains on a daily basis."

In addition to a tour, Ahola joined Capt. George Waring, 494th Fighter Squadron, for an F-15E ride.

"The ride was great," said the general. "I was familiar with the aircraft, being a McDonnell Douglas (as is the F-18), but it was different too. It was very interesting."

Asthma more dangerous to African Americans

By Maj. Linda J. Browne
Internal medicine

Asthma is a disease that effects up to 12 million people worldwide. But blacks with asthma are three times as likely to die from the condition as are whites.

Doctors aren't certain why blacks are at an increased risk for dying of asthma, but blacks do have both a higher prevalence and more severe asthma. The risk is much greater for blacks below the age of 15 and this risk is further accentuated by living in an urban environment.

Essentially, asthma is an inability to breathe properly. It is a chronic inflammation of the airways resulting in nonspecific airway hyperactivity and airway narrowing. Many factors have been associated with

contributing to asthma such as family, infections, allergies, socioeconomic and psychosocial conditions and environmental factors.

The main symptoms of asthma are coughing, wheezing and shortness of breath. Symptoms vary in severity from occasional mild bouts of breathlessness to daily wheezing that persists despite taking large doses of medication.

Common triggers for asthmatic wheezing include cigarette smoke, pollen, mold, animal dander, physical exercise, viral/bacterial infections of the upper or lower airways, sudden weather changes and air pollutants.

Diagnosing asthma requires a combination of history, physical and pulmonary function tests that measure lung function. Once a doctor makes a diagnosis, people should begin to take steps to control the symptoms.

For mild asthma, sometimes simply avoiding the known trigger may have a significant impact on the frequency and severity of asthma attacks. Sometimes, doctors prescribe inhaled medications that "open up" the bronchioles in the lungs to help get more air in and out. For moderate asthma, doctors may also add inhaled steroids to decrease the inflammation in the bronchioles. Patients with severe asthma usually require care in a hospital setting.

It's important that people with asthma become active participants in their own care — learning the proper technique in the use of inhalers and how to use a peak-flow meter at home. Smoking cessation and avoiding secondhand cigarette smoke are crucial elements of asthma management.

For further information regarding asthma, contact your health care provider.

Learning what it's like 'in the real world'

School students get on-the-job training as part of education

By David Ferreira
"Jet 48" correspondent

Nearly 50 students at the RAF Lakenheath American High School are breaking down the walls of traditional education and are getting on-the-job training in place of a normal class time.

The school's cooperative work experience program offers students the opportunity to go to a job site during the school day, keep a time card and have responsibilities like any normal job.

It's designed to help ease the students transition from high school to their work place, according to Jack Galloway, the cooperative work experience coordinator. The only difference is that most students are paid with graduation credits instead of money, except for a few students working in various Army and Air Force Exchange Service and services facilities who receive both.

"I think the program is very successful in providing students with work experience, especially to those who may wish to pursue a future career in a related field," said Gallo-

way. "These students get to see what the job they may wish to do is all about."

Participants work all over the base in various offices, such as public affairs, the post office, library, legal office, base exchange and the elementary school. They leave school at various times, depending on the day of the week, taking the program in place of other electives.

Most students seem to like the idea.

"Cooperative work experience allows me to interact with people other than my peers," said Tracy Marshall, a student who works at Electric Avenue.

"It's educational and it's nice to be in a different learning environment," said Bridget Stancil, a student who works at the library.

Not only does cooperative work experience allow students to experience what the work field is like, it also offers some students training they can put on job and college applications. For example, Red Cross life-saving courses and working as a Red Cross volunteer, said Windy Franklin, a student at the family advocacy office.

Students and teachers aren't the only ones who think the program is useful. Supervisors do, too.

"The students have all been good about completing their tasks, and learning to work with other people, which will be a valuable asset to their future," said Rusty Sweatt, a student supervisor at Electric Avenue.

"Overall the school and the community

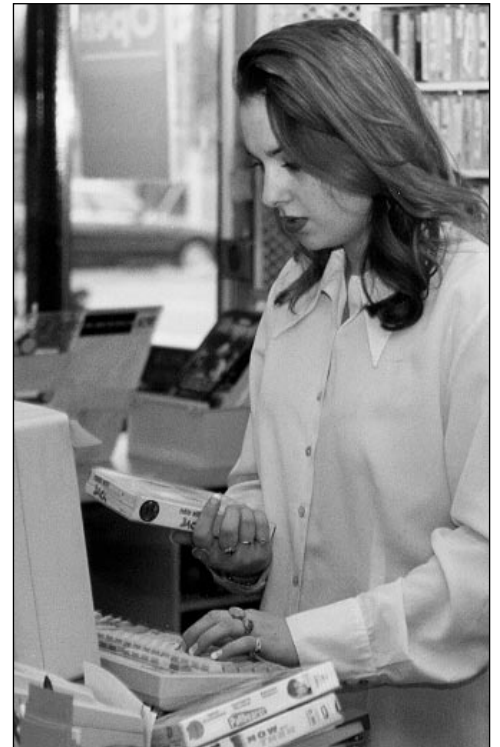


Photo by David Ferreira

Tracy Marshall logs a movie into the computer at Electric Avenue.

have both been very cooperative in making the program run smoothly," said Galloway.

People can contact Galloway at Ext. 3115 if they have questions or potential work sites for the students.



Photo by SSgt. Steve Ball

Wing plans office moves to new location

SrA. Jody McDonald reviews a plan in wing plans' new location. The office moved to Bldg. 1159 Feb. 20 - 21. The new location is in the old security police building near the fire department.

March is Women's History Month



Constance Motley

A member of Thurgood Marshall's inner-circle of attorneys, Constance Motley served as an associate counsel for the Legal Defense Fund specializing in housing issues. She orchestrated and successfully argued the case that led to James Meredith being admitted to the University of Mississippi in 1961. After a twenty-year tenure with the Legal Defense fund, she became the first African-American woman to be appointed to a federal judgeship.

48th Fighter Wing Award Winners

Liberty Wing fourth quarter award winners

Company Grade Officer of the Quarter



Capt. David Hambleton
48th Operations Support Squadron

Senior NCO of the Quarter



MSgt. John Abdale
48th Component Repair Squadron

NCO of the Quarter



SSgt. Christopher Carlson
48th Contracting Squadron

Airman of the Quarter



SrA. Edward Nagy
493rd Fighter Squadron

Civilian Supervisor of the Quarter



Debra Roberts
48th Services Squadron

Civilian Nonsupervisor of the Quarter



Sandra Kaufman-Jonasen
48th Contracting Squadron

March promotions

Enlisted promotions

The following are March's enlisted promotions.

To senior master sergeant

Marvin Crawford, 48th Supply Squadron; **Steven Grundy**, 48th Communications Squadron; and **Bharpur Singh**, 48th Mission Support Squadron.

To master sergeant

Corina Benitez, 451st Intelligence Squadron; **Roberto Benitez**, 451st IS; **Claudia Bostic**, 48th SUPS; **Roberto Moreno-Almeida**, 493rd Fighter Squadron; **Mark Repp**, 48th Logistics Group; **Joseph Smith**,

48th SUPS; and **Brett Stoecker**, 451st IS.

To technical sergeant

Anthony Brice, 48th Medical Operations Squadron; **Terry Ferguson**, 48th Dental Squadron; **Gregory Fields**, 48th SUPS; **Timothy Harris**, 48th Equipment Maintenance Squadron; **Edmund Lee**, 48th SUPS; **Richard Newbern**, 451st IS; **David Samuels**, 48th CS; **Ralph Solomon**, 48th EMS; **Joseph Switalski**, 48th EMS; **Victor Weeden**, 48th Aerospace Medicine Squadron; and **Brian Willbanks**, 48th Component Repair Squadron.

To staff sergeant

Jeremy Bennett, 48th EMS; **Michael Clark**,

48th Operations Group; **Travis Giese**, 48th MDOS; **Delana Jemison**, 48th SUPS; **Derek Johns**, 48th EMS; **David Jordan**, 494th Fighter Squadron; **Stephen Meyer**, 48th CRS; **Michael Parks**, 493rd FS; **Andrew Pippin**, 48th CRS; **Bruce Rogers**, 494th FS; **Joseph Walker**, 48th Civil Engineer Squadron; **Jason Woodrum**, 48th CRS; and **Ricardo Wright**, 48th MDOS.

To senior airman, below-the-zone

John Freihammer, 48th EMS; **Clint Holm**, 48th CRS; **Grace Hunt**, 48th CS; **Tyson Kingsbury**, 48th CES; **James Moneyhun**,

See Awards page 10

Award

From page 8

494th FS; **Kris Schweitzer**, 492nd FS; **James Smith**, 48th EMS; and **Megan Trethewey**, 48th Operations Support Squadron.

To senior airman

Colby Franklin, 48th Security Police Squadron; **Claudette Frumonto**, 48th Medical Support Squadron; **Wilton Garcia**, 48th SPS; **James Green**, 494th FS; **Thomas Groff**, 48th OSS;

Alan Hampton, 48th CES; **Brandon Hess**, 48th EMS; **Daniel Hill**, 48th CES; **Veronica Jacques**, 48th Services Squadron; **Michael Leffel**, 48th EMS; **Jon Rippetoe**, 48th Transportation Squadron; **Eric Rossin**, 48th EMS; **Keith Schuler**, 48th EMS; **Brent Shouse**, 48th CES; **Scott Slindee**, 48th SPS; **Christopher Smoulcey**, 492nd FS; **Michael Spaulding**, 494th FS; **Corey Stork**, 48th CRS; **Alexandria Sumner**, 48th MDOS; **Stacy Synsteliën**, 48th MDSS; **Jennifer Tatemohan**, 48th DS; **Cynthia Ward**, 48th Logistics Support Squadron;

David Waters, 48th CRS; **Regina Wood**, 48th CES; and **Charles Woodfin**, 48th CRS.

To airman first class

Michael Arnold, 492nd FS; **Peter Bravo**, 494th FS; **Nancy Collins**, 48th MDOS; **Daryl Denner**, 48th SPS; **Crystal Emlyn**, 48th MDOS; **Thomas Harrison**, 48th EMS; **Raymond Hetrick**, 493rd FS; **John Holmes**, 48th EMS; **Christopher Klubertanz**, 494th FS; **Andrea Knox**, 48th MDSS; **Dandy Polinsky**, 48th MDOS; **George Rivell**, 492nd FS;

Michael Samsel, 494th FS; **Kelvin Seals**, 48th SPS; **Eric Stone**, 48th SPS; **Jennifer Swazey**, 48th MDOS; **Daniel Thresher**, 48th SUPS; **Deborah Wickson**, 48th Comptroller Flight; and **David Young**, 48th EMS.

To airman

Joe Beech, 48th CRS; **Thomas Kimberling**, 48th CRS; **Timothy Mancini**, 48th SUPS; **Andrea Martinez**, 48th Fighter Wing; **Jeromy Moore**, 48th CRS; **Harold Thompson**, 48th SUPS; and **Sandra West**, 48th SUPS.

Award winners

□ The Honor Guard October - December quarterly award winners are: **SrA. Samuel Charleston**, 494th Fighter Squadron - Outstanding Airman of the Quarter; **A1C Chad Carver**, 48th Security Police Squadron - Most All Around Airman of the Quarter; **A1C Benjamin Lerman**, 48th Equipment Maintenance Squadron - Most Improved Airman of the Quarter; **SSgt. Antonio Santos**, 48th Component Repair Squadron - Military Image NCO of the Quarter; and **SrA. Edward Mangual**, 48th CRS and **SrA. Albert Thompson**, 48th Contracting Squadron - Most Details.

□ **SrA. Edward Mangual**, 48th CRS, was named the Honor Guard's Outstanding Honor Member of the Year.

□ The **military personnel flight** received the USAFE nomination for the Gerrit D. Fos-

ter award for the best military personnel flight, large category. The **education center** received the USAFE nomination for the Nathan D. Altschuler Award for Excellence for the best education center, large category. **MSgt. Ed Robinson** is the USAFE Airman Leadership School Commandant of the Year. **TSgt. Bruce Bartlett** is the USAFE Airman Leadership School Instructor of the Year. **SrA. Kandyce Griffin** is the USAFE military personnel flight Manager of the Year.

□ The **traffic management office** has been recognized as the best in USAFE for 1996. **A1C Jon Rippetoe** was nominated as the USAFE Outstanding Airman of the Year. **SSgt. Robert Knuth** was nominated as the USAFE Outstanding NCO of the Year. **MSgt. Richard Tarnowski** was nominated as the

USAFE Outstanding Senior NCO of the Year. **William Pratt** was nominated as the USAFE Outstanding Civilian of the Year. The 48th Fighter Wing award nominees were: **SrA. Stacy Tolar**, **SSgt. Glenn Chappell** and **MSgt. Richard Tarnowski**.

□ **Rachel Stahl**, wife of **SSgt. Douglas Stahl**, 48th CRS, was nominated to represent USAFE in the 1997 Joan Orr Air Force Spouse of the Year award.

□ The **48th Fighter Wing public affairs office** is the 1996 USAFE Public Affairs Director's Excellence Award winner for a small unit. **SSgt. Mark Boggess** took first place for published illustrative art in the Air Force Media contest. **SSgt. Steve Ball** received second place Air Force-wide for published feature, news or sports picture stories.



On guard

Amn. Mario Lopez (front) and **SSgt. James Hess** conduct a security check at the base flight line. The 48th Security Police Squadron has been named the 1996 USAFE Security Police Outstanding Large Unit.

Photo by SSgt. Steve Ball

Flight surgeon's office moves

The 48th Aerospace Medicine Squadron command section and flight surgeon's office move to the main hospital Monday through March 14. Only active-duty members on flying status can attend sick call. The new flight surgeon's office number is Ext. 2085 or 3189. Family members can call RAF Mildenhall flight medicine for appointments at 89-2143.

Housing office closed

The housing office will be closed March 14, 17 and 18 for refurbishing. Emergency temporary living allowance services are provided in Bldg. 966. For details, call Ext. 2749.

New gas program in full swing

People who want to obtain tax-free gas or buy or use Navy prepaid gas purchase coupons must present both military identification cards and a valid certificate of eligibility. The information on the pink vehicle registration card, the certificate of eligibility and the identification card must match up. For details, contact unit orderly rooms.

492 change of command slated

The 492nd Fighter Squadron change-of-command ceremony is 10 a.m. March 17 in Hangar 7. Lt. Col. George Doran will relinquish command to Lt. Col. William Polowitzer. For details, call Ext. 3420.

USAFE Band entertains children

The USAFE Band will send kids here an antidrug message when they perform at the RAF Lakenheath Middle School March 12 and the RAF Feltwell Elementary School March 13. The band will also perform at the enlisted spouses club bazaar at 3:30 p.m. March 14.

Preparing for surety inspection

The 48th Fighter Wing is scheduled for a surety inspection Oct. 19 - 29. Between June 16 and 20, the USAFE staff will help the wing by conducting a staff assistance visit. The following is a list of other exercises to evaluate the wing's readiness.

March 12	One-day exercise
March 20	One-day exercise
March 21	One-day exercise
March 27	One-day exercise
April 7 and 8	Special management review
April 18-21	Functional management review
April 28 - May 2	Operational safety review
May 12 - 16	Local surety inspection

The special management review is a visit from the Air Force Inspection Agency to see how the wing works within USAFE. The functional management review is also a visit from a AFIA team to look at personnel issues. The operational safety review is a required inspection ever three years. The local surety inspection is the wing's last chance to polish procedures before the staff assistance visit.

"No evaluation can happen without a team of evaluators," said Maj. Gary Webb, wing readiness chief. "Commanders have chosen the A-team members because of their competence, experience and integrity."

"There is no doubt Team Lakenheath can do this mission better than anyone in the world," he said. "We just have to show the evaluators what we know to be true."

More captains will become majors in 1997

WASHINGTON (AFNS) - For the first time since the Air Force drawdown began, the promotion opportunity for field-grade-line officers will rise, announced Air Force personnel officials.

For the June 17 majors' board, the secretary of the Air Force has approved a 90 percent promotion opportunity - up from the 80 percent opportunity for major that has existed since 1991.

This change is actually a return to what was the norm prior to the drawdown. With the exception of a brief period from 1974 to 1978, the promotion opportunity to major was 90 percent since the 1960s.

In 1991, force structure reductions lessened the need for majors dropping promotion opportunity to 80 percent.

Liberty Warrior

"Can do" person of the week



Photo by SSgt. Valerie Weaver

SrA. James Grover

492nd Fighter Squadron

Hometown: Newman, Ill.

Role in mission: I am an F-15 avionics systems journeyman. I maintain and repair aircraft radar, communication, navigation, and flight control systems.

Hobbies: I enjoy all sports, water skiing and spending time with friends.

What would you do to make things better at RAF Lakenheath? I would procure more land to expand the base; tear down old buildings and build parking lots. Don't build any more facilities on this base without expanding, it is simply too crowded. Last but not least, change the new one-way street back into a two-way street.

Who is your role model and why? I see everyone as role models. I try to analyze people's strengths and adopt qualities I feel will make me a better person, but if I had to pick one individual, it would be my mother.

Where do you see yourself in 10 years? I've always dreamed of owning my own business. I plan to continue investing, and in 10 years I will begin planning for retirement as an entrepreneur.

What do you like most about the Air Force? I enjoy meeting new people, travel and educational opportunities and the secure feeling of knowing that an enormous paycheck is in the bank on the 1st and 15th.



Photo by A1C Grace Hunt

Freedom walk

Wing members participate in a freedom walk Feb. 28. The walk went from the chapel to Wings of Liberty Memorial Park and wrapped up with SrA. Devon Forman from RAF Alconbury presenting Dr. Martin Luther King's "I Have a Dream" speech.

SNIPER

Story and photos by SrA. Jeff Capenos
Public affairs

As the mist crept over the quiet English countryside, a shadowy figure moved among the Pines.

Stalking his target, the figure took up his position just a mere 150 meters out.

Well hidden with camouflage, his steel blue eyes followed the target while his mind calculated the distance.

Today's mission was clear — not to engage the target, but rather collect intelligence.

He laid there unnoticed for another 40 hours, watching and taking notes.

Then, just like the fog he silently slipped away without a trace and into history as the U.S. Air Force's first qualified Royal Air Force Regiment sniper.

This was the scenario for TSgt. Scott Ruecker, formerly assigned to the 48th Security Police Squadron, as he completed the RAF Regiment Field Sniper Course at RAF Honington Tuesday.

Although the Air Force is the only U.S. military service that doesn't use snipers as a part of its service, Ruecker said "having qualified snipers or at least sniper trained people on air base ground defense teams would be an effective tool, and I'm trying to pave the way for getting more Air Force people trained.

"Snipers are cost effective and valuable tools to any defense team," Ruecker said. "Because of their observation, concealment and weapons training, a well trained sniper can go unnoticed, observe and engage targets that other forces can't even see. Snipers can do a job that currently takes several men to do."

Qualifying as a sniper isn't a simple process though. To become a sniper in England, troops must complete an intensive, seven-week course at Honington which is designed to meet the standards of the Royal Marines, the RAF Regiment and the British Army.

"This is a difficult course to complete, said Flt. Lt. Tom Sawyer, officer commanding the sniper cell. "We demand levels of professionalism and achievement above that of a normal soldier. Students go through very uncomfortable situations here, so when they perform the job it's comparatively easy."

Ruecker, also a qualified Army Ranger, learned a myriad of skills during the course including camouflage and concealment; map, aerial photo and compass reading; distance judging; observation techniques; basic sniper knowledge and stalking techniques. He had to apply them all, which he said "wasn't easy, because the game changes when people are looking for you."

For example, during the observation techniques portion of the course, he was shown 12 objects ranging from rifle magazines to web belts. Then instructors hid the objects in a field of trees and brush, from 10 to 150 meters away from Ruecker. His task was to spot and identify eight of the objects with the naked eye.

"The observation portion of the course helps snipers see what's really going on around them," Ruecker explained. "When I look into the woods, I see through the woods and pick up on things, where you probably just see the scene. I pick up things that could be objectives or other aggressors."

Another tough challenge Ruecker faced was the practical portion of camouflage and concealment or CAMOCON. This test pitted Ruecker against the instructors, when they gave him two minutes to run from a predetermined point into a field and conceal himself. Then they tried to spot him from the starting point.

If they couldn't see him, then a "walker" would go out into the field and stand within 10 meters of Ruecker, and the instructors would look again. If they still couldn't spot him, then Ruecker was allowed to simulate taking a single shot at the objective, in this case an instructor. If after the shot, the instructors still didn't

see him, Ruecker was asked about the particulars of his shot — what did he shoot at, the head or body? Based on that answer he would then have to give the correct distance to the target and the correct windage, to see if he hit the target and passed the test.

"Putting what you learned to use was tough," Ruecker said. "It was cold and rainy, and sometimes you were laying out there in a sheep pasture, perfectly still, for hours. It wasn't always a pleasant.

"But looking back, I think the course was great," Ruecker said. "Sure, I feel a sense of self-accomplishment, but more importantly, I've learned a lot of valuable skills that I hope to share with others during air base ground defense instruction."

Ruecker returns to the 617th Regional Creek Defender Training Flight, Sembach AB, Germany, as an air base ground defense instructor.



TSgt. Scott Ruecker, the Air Force's newest qualified sniper, peers through his scope at a target.

AFAF: Reaching out to those in need

By Becky Papp
"Jet 48" correspondent

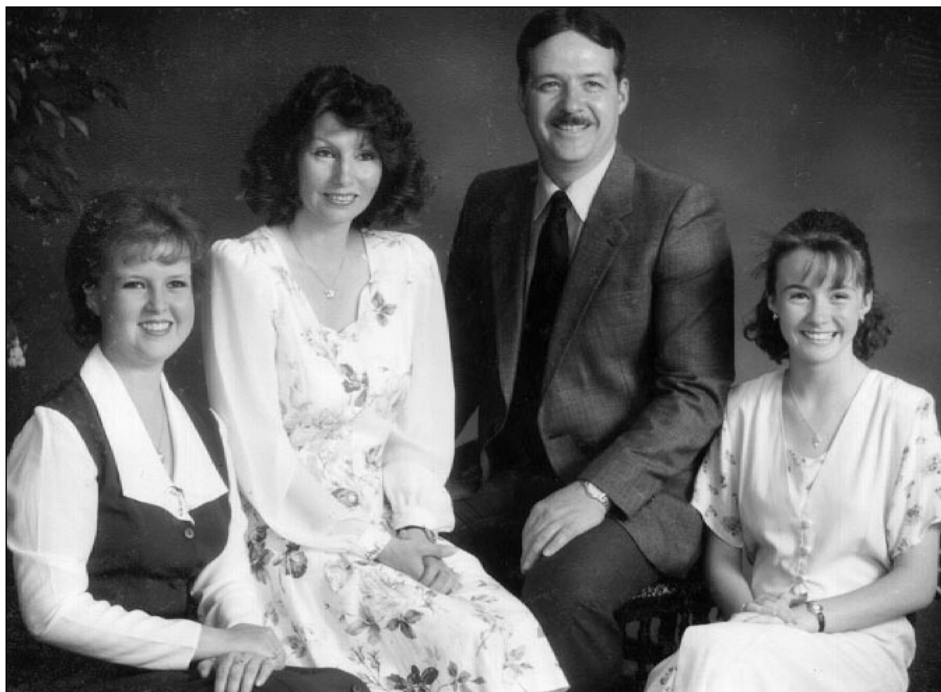
Editor's note: This is one example of the many ways that the Air Force Assistance Fund helps take care of Air Force families at RAF Lakenheath. To contribute to this year's fund, contact your unit project officer or 2nd Lt. Evan Pitts at Ext. 5636.

Lisa Cantwell is a teenager taking driving lessons, worrying about getting car insurance, a job and celebrating passing all of her General Certificate of Secondary Education exams. She's also a remarkable young woman who, along with her family, thanks the Air Force Aid Society for helping her to cope with cancer.

Lisa was diagnosed with acute lymphoastic leukemia in 1991 at age 11. At the time, her father, SSgt. Francis Cantwell of the 494th Fighter Squadron, was assigned to RAF Upper Heyford. Francis had to travel along with his wife, Jacqueline, and their younger daughter, Kira, to visit Lisa in the hospital during her initial four-month stay. As their savings depleted and Jacqueline quit work to care for Lisa, the Cantwells knew they needed some help. Francis's first sergeant suggested he go to Air Force Aid.

"I don't know what we would've done without their help," said Jacqueline. A gas and food fund was set up by the AFA for the Cantwells to use as they needed it.

Assigned to RAF Lakenheath in 1992, Francis found his squadron to be very supportive. When Lisa was diagnosed as terminal, the Make a Wish Foundation sent the whole family on a trip to Walt



(From left) Lisa, Jacqueline, SSgt. Francis and Kira Cantwell.

Disney World in Florida. The squadron wanted make sure that Lisa had the best trip possible. The officers held a car wash and raised \$1,000 for the family.

In 1994, Lisa was once again in treatment and the family's car broke down. The repairs were so costly that Francis thought he was going to have to take out a loan to buy another car. He went to AFA to ask if he could get a loan.

"They said, 'We are here to help you, not add a burden,' " explained Francis. "They paid for the entire cost."

The first time Lisa went into the hospital, she was told she wouldn't live more than four weeks. Six years later, despite suffering relapses and times the family was not sure she would pull through, Lisa and her family appear undaunted and very close. Lisa takes a very active role in her treatment and lets the doctors know if she thinks something isn't working.

Lisa participated as actively as possible from the beginning of her illness, with her family always by her side.

"The chemotherapy has to be adjusted from time to time to remain effective," explains Jacqueline.

"The hospital food is limited and chemo changes your tastes. I would have to cook meals for Lisa and bring them to her so she would eat," said Francis. Often, he would end up cooking for nurses and other patients in the children's ward, as well.

Lisa is currently receiving treatment twice a month at Addenbrooke Hospital in Cambridge in addition to daily treatment she administers herself.

"It really has been a joint effort between Addenbrooke and Lakenheath," said Francis.

With so much support from their community, family and friends, this close-knit family has coped with Lisa's illness with exceptional courage.

"We decided to take each day as it comes. You have to make the most of any moments you have with your children," said Jacqueline.

"I am happy to have the chance to say thank you," said Francis. "Thank you to the hospital, the squadron and Air Force Aid."

He also had the opportunity to speak on behalf of Air Force Aid at a recent wing staff meeting.

"I am terrified of public speaking. I had such butterflies in my stomach! But I felt I owed it to Air Force Aid to share my story."

AFAF Unit Project Officers

48th Medical Group

48th Aerospace Medicine Squadron	A1C Tamara Mike, Ext. 3806
48th Medical Support Squadron	MSgt. Scott Giordano, Ext. 5904
48th Dental Squadron	Capt. Benjamin Wright, Ext. 3120
48th Medical Operations Squadron	Capt. Pamela Griffin, Ext. 6405

48th Support Group

48th Security Police Squadron	1st Lt. Patrick Floyd, Ext. 3656
48th Mission Support Squadron,	SSgt. Delfina Chavarria, Ext. 2671
48th Civil Engineer Squadron	2nd Lt. Tammy Laird, Ext. 2208
48th Communications Squadron	MSgt. Robert Murphy, Ext. 3621
48th Services Squadron	Capt. Sunshine Knutson, Ext. 3690

48th Operations Group

48th Operations Support Squadron	MSgt. Alvin Hill, Ext. 2168
492nd Fighter Squadron	MSgt. Gerald Majzner, Ext. 2128
493rd Fighter Squadron	SSgt. John Morris, Ext. 5511
494th Fighter Squadron	MSgt. Mike Stossel, Ext. 6152

48th Logistics Group

48th Logistics Support Squadron	TSgt. Nathan Oakes, Ext. 1473
48th Component Repair Squadron	MSgt. Scott Shelton, Ext. 3132
48th Equipment Maintenance Squadron	MSgt. Ray Vaughn, Ext. 3828
48th Transportation Squadron	TSgt. David Faris, Ext. 3437
48th Supply Squadron	TSgt. Rodney Benberry, Ext. 5506
48th Contracting Squadron	SSgt. Tim Johnson, Ext. 7083

Other units

Training Detachment 16	TSgt. Emmanuel Alvertos, Ext. 3424
18th Intelligence Squadron	SSgt. Mark Busch, Ext. 7043
5th Space Surveillance Squadron	SrA. Ramone Young, Ext. 7048

Lots to see, do in local area

By Linda Laws
Community relations advisor

When thinking about going out and about in this country, London is always a popular destination. But what do you know of the area around the base? If you are newly arrived in country, one of the first things which will strike you is just how rural the area is – there are no large factories or major industries here. It is principally a farming area for arable crops, and the black soil of the Fens, adjacent to Breckland, is ideal for growing celery.

Breckland

RAF Lakenheath is located in an area called Breckland which is characterised by its sandy and shallow topsoil – hence the rather peculiar shaped Scots Pine trees which only this kind of soil can sustain.

When you think of the nuisance that the rabbit population causes, it is hard to believe that they were actually introduced into this country by the Normans. At first they were used to provide food for their owner and his family, but were later used as a means to make money from the fur and meat. Rabbit-farming was of great importance to the local economy in the 14th century and a reminder of those times is still evident in some of the names in the area – such as Thetford Warren, Black Rabbit Warren and Coney Weston (coney is another name for a rabbit).

Towns, villages around the base

Lakenheath

The close proximity of this large village to the base is how RAF Lakenheath gets its name. Lakenheath is home to many Americans from the base, and is a popular location in which to seek housing because it is so close. Probably one of the finest buildings in Lakenheath is its church, dedicated to St. Mary. The story of English architecture from the Norman



Photo by Capt. Patrick Ryder

The Lakenheath church and its tower.

Conquest is revealed in different aspects – the font is possibly the best Early English font in the country. The hammer-beam roof is spanned by angels with unfolded wings, and the benches in the nave, the main body of the church, date from the 15th century. The parish priest is the Rev. Fr. James Mather and he will be happy to take parties (for a small fee) around this magnificent building. He can be contacted on (01842) 860683.

Two circular walks around the village were opened up last year. Walk A is 2.2 miles long and Walk B 4.9 miles. Maps are available in my office.

Brandon

The town of Brandon lies on the border between the counties of Suffolk and Norfolk. The layout is typical of many English towns and villages, where the High Street is the main thoroughfare. The shops are typical of those you will find in any small town (supermarket, greengrocer, bakery) and opening hours are between 9 a.m. to 5:30 p.m. Monday to Saturday. Brandon has a small market on Thursday and Saturday mornings.

Just to the north of the town is Thetford Forest Park which offers recreational facilities for all the family. High Lodge Forest Centre within the park is open between Easter and September. It is possible to cycle, walk and orienteer and take advantage of guided events.

Mildenhall

Mildenhall is the largest town in the vicinity and is also home to Forest Heath District Council, our seat of local government. Their offices are located in College Heath Road. The town is set around the 16th century market cross and church. The original church was built in the 12th and 13th centuries, but was rebuilt in the 15th century. The town museum houses a replica of the Mildenhall Treasure, the original of which is held in the British Museum. The treasure was allegedly discovered by a farmer when ploughing his land in 1942.

Again, the shops in the town are only small retailers. There are several restaurants offering a variety of cuisines, and the Riverside Hotel is a Best Western. Market day is Friday.

Flintknapping

Flintknapping is the name given to a process by which hard flint is prepared. Flint in this area was mined at Grimes Graves, a historic monument located a few miles north of Brandon and looked after by English Heritage. The flint was prepared for use as a cladding for local houses and for use in firearms. In 1804, the British Army drew up a contract with the workers of Brandon for 356,000 flints a month to use in their flintlocks in the war against Napoleon.



**For more
information
about living
in Britain,
call me at
Ext. 3145.**

For information about chapel and off-base worship services, call the RAF Lakenheath chapel staff at Ext. 3711.

Codependency meeting

A codependency anonymous group meets at 7 p.m. Wednesdays in the social actions building. For more information, call Chap. (Capt.) Scott Ofsdahl at Ext. 3711.

Health-and-wellness center

The health-and-wellness center sponsors the following activities:

□ The next stress-management course is 1 - 3 p.m. today through March 28.

□ People who want to know their body statistics and cholesterol level should make an appointment to have their body fat, height and weight measured and have cholesterol levels and blood pressure checked. People should not eat or drink anything except water for 12 hours prior.

□ For information on any health, exercise, physical activity and fitness issues people can make an appointment with the exercise physiologist at the center.

□ The center offers a variety of health literature, references, and video and audio tapes for checkout without charge.

□ The center also offers the self-care program, which is designed to give all active-duty, Department of Defense members and their spouses information to make decisions on health care. People should contact their unit self-care facilitator for more information.

For more information on any of these programs, call Ext. 2710.

Advance theater tickets

People can purchase advance tickets for theater performances at the movie theater at Special T's, located inside the Shoppette. Tickets are available up to seven days in advance and are on sale from 10:30 a.m. - 6 p.m. weekdays and from 10:30 a.m. - 3 p.m. Saturdays and Sundays. The RAF Mildenhall food court also sells advance tickets for the Mildenhall theater. For more information, call (01638) 532208.

Roll the Stone Away

Reflections presents "Roll the stone away," an Easter drama, at 7 p.m. March 22 in the Breckland Middle School Auditorium, Crown Street, Brandon. The show is free, but donations of dry or canned goods are accepted. For more information, call (01842) 827546 or (01842) 814007.

Logistics group banquet

The 48th Logistics Group 1996 Professional Performer of the Year banquet is April 18 at the officers' club. Social hour begins at 6 p.m. and dinner is 7 p.m. Attire is semiformal or mess dress. Cost is \$15 per person for E-6 and below and \$18 for E-7 and above. For more information, call MSgt. Sylvester Thomas at Ext. 3157.

Buddy Holly trip

The 48th Medical Group auxiliary sponsors a theater trip to see "Buddy," a musical about the life of Buddy Holly. A bus leaves from Lakenheath at 10 a.m. Saturday. The £25 cost includes tickets and round-trip transportation. For more information, call Sheila Shaner at (01842) 827170.

Red Cross

□ The Red Cross needs people to fill these positions: summer youth program chairperson, hospital chairperson, elementary school chairperson, newsletter publicist, assistant chairperson of volunteers and emergency message volunteer.

□ The American Red Cross sponsors a coloring contest through March 28 at the base library. Prizes are awarded for each age group. Entries can be picked up at the library.

□ The American Red Cross sponsors a baby-sitting instructor course April 19 and 26 at the RAF Alconbury family services center. Participants must hold a current Red Cross instructor candidate training certificate. To register, call Ext. 1855 by today.

Musicians sought

The RAF Molesworth chapel seeks musicians for the Protestant chapel program. For more information, call DSN 268-3343.

Initial ethics training

The legal office offers initial ethics training from 9 - 10 a.m. Tuesday in the 48th Support

See Community page 21

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or stop by Bldg. 692. All classes are held in the family support center unless otherwise noted.

New hours

The family services area hours have been lowered due to low manning. People who need to pick up items should do so between 10 a.m. and 4:30 p.m.

Financial workshop

A mandatory financial workshop for E-4s and below is 1 - 3:30 p.m. Monday in the conference room. The briefing advises military members and their families on personal

budgeting, checking-account maintenance, debt management, dual currency and more.

Marriage enrichment

A marriage enrichment class is 9 a.m. - 4:30 p.m. Tuesday and Wednesday in the small classroom. Topics include personal and family values, communication and conflict resolution.

Life is an Attitude

A "Life is an Attitude" class is 2 - 4 p.m. Tuesday in the conference room. Topics include staying positive and setting goals.

Supervisors' training

A volunteer supervisors' training class is 11 a.m. - 1 p.m. Thursday in the conference room. Topics include strengthening nomination packages,

training assessment and development.

PCSing with your pet

A "PCSing with your pet" workshop is 7 - 8 p.m. Wednesday in the conference room. Find the easiest way to plan a pet's PCS move. Scheduling flight information is provided by the traffic management office. David Newton, a local pet transportation professional, gives specifics on how to best prepare for pet comfort during trips.

Career Café

The Career Café, a series of lunchtime seminars to sharpen job-search skills, is 11:30 a.m. - 1:30 p.m. March 14 in the family support center. This session concentrates on preparing effective United Kingdom resumes and application cover letters.

Sign language

An 11-week intermediate course meets from 11:30 a.m. - 1

p.m. today in the small classroom. Sign up by March 14.

Teen life

A teen-life group meets from 5 - 6 p.m. today at the youth center. The group promotes personal development and effective coping skills among teenagers.

Spouses group

The foreign-born spouses group meets from 6 - 8 p.m. today in the conference room. This is an educational forum for spouses who are of foreign heritage.

Second language

An English-as-a-second-language class meets from 6 - 8 p.m. Wednesdays and from 6 - 9 p.m. Thursdays in the small conference room. The instructor teaches conversational English as well as American social customs and traditions.

Scouts mark 85th birthday

By Becky Papp
"Jet 48" correspondent

Eighty five years ago, a Georgia native wanted to give girls an opportunity to pursue a wide variety of interests and skills. So she established the Girl Scouts, which continues to support girls of all ages in academic and social endeavors.

Started by Juliet Low in 1912, the Girl Scouts are now found all over the world. Locally, there are 350 girls and 220 adults registered in the East Anglia Girl Scouts. This makes them the largest group of Girl Scouts in Europe.

According to Stephanie King, leader of troop J32 and public relations spokesperson, being on a military base can be complicated for the group.

"Getting permission for activities can be time-consuming," said King, "but the base and the commanders are very supportive."

The additional red tape made necessary by being on a military base overseas is a small price to pay for the opportunities it offers, she said.

For example, "You can't get an Austria patch in the States," said King.

The girls earn patches by completing projects in the areas of interest to the troop. Different countries offer their own unique patches. The U.S. Girl Scout chapters don't have the choices offered by RAF Lakenheath's location.

Through these activities, King hopes the girls will learn independence, self-esteem, morality and the value of budgeting money. The well-known cookie and calendar sales provide funds to supplement Girl Scout activities and Girl Grants. A Girl Grant offers assistance to girls who can't afford to participate in Girl Scouts.

"We won't turn away any girl who wants to participate and can't afford to," explains King.

The actual fee paid by a Girl Scout when she joins (usually less than \$10) is spent on mandatory insurance. All materials and activity costs are covered by fund-raising, donations and the Girl Scout families.

Girls from 5 to 18 years old are invited to join Girl Scouts. There is always a need for women and men to participate as leaders and co-leaders. For more information, contact the Girl Scout hut, Bldg. 121, at Ext. 1675 on school days from 9:30 - 11 a.m.

Girl Scout week schedule

- March 8** Girl Scout reunion for adults and Senior Girl Scouts - \$3 at the RAF Mildenhall chapel
- March 9** Party from 6:30 - 8:30 p.m. at the skating rink
- March 10** Camp songs from 4:30 - 6 p.m. at the RAF Mildenhall chapel
- March 11** Arts-and-crafts tour at 4:30 and 5 p.m.
- March 12** Flag ceremony at Lakenheath and RAF Mildenhall. An adult reveille is at 6 a.m. and the Girl Scout retreat is at 4 p.m.
- March 13** Fitness awareness seminar from 4:45 - 5:30 p.m. at the skating rink.
- March 14 - 16** Lakenheath and Mildenhall libraries scavenger hunt.



Photo by SSgt. Valerie Weaver

Lakenheath scrapbook

Barb Meduna (left) from the Medical Group Auxiliary, Mina Owens and Capt. Sophia Daldine hang a quilt in the pediatrics clinic donated by the group. The auxiliary also donated smocks for the pediatric staff to wear and \$100 to the OB loss counselors.

People with community photos who would like to have them published in the "Jet 48" should bring them to the public affairs office in the wing headquarters building or call Ext. 5640.

Community

From page 19

Group conference room, Bldg. 1165. This training is mandatory for all Department of Defense civilians beginning service. For more information, call Ext. 3553.

ESC spring bazaar

The enlisted spouses club's spring bazaar is open from 3:30 - 7 p.m. March 14 for military identification card holders only. The bazaar is open to the public from 10 a.m. - 6 p.m. March 15 and from 10 a.m. - 5 p.m. March 16. The bank hours will be from 1 - 5 p.m. March 16. For more information, call (01638) 532319.

Lost, found

The 48th Security Police Squadron is responsible for lost-and-found items. For more information, call Ext. 2447.

Scholarships

□ The community scholarship association accepts applications for vocational-school and college-bound high-school seniors and graduating family members attending British schools. Selection is based on student grades, ACT/

SAT scores, course-load difficulty, extracurricular activities, goals and ambitions. Application deadline is March 14. For more information, call (01638) 533191.

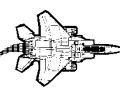
Long-term parking lot

The long-term parking lot at RAF Mildenhall is closed now. People should move their cars by March 14 for a construction project. An interim parking lot is set up across from the softball field in front of the recycling center. For more information, call SSgt. Glenn Languirand at 89-2060.

University of Oklahoma

The University of Oklahoma sponsors the graduate-level course Career Development: Organizational and Individual Approaches, April 29 - May 4. The class meets from 6 - 9:30 p.m. Tuesdays - Fridays and from 8:30 a.m. - 4:30 p.m. Saturday and Sunday. Students may enroll until March 28.

The university also offers a 34-hour non-thesis Master of Human Relations Degree. Because a course is offered every month, it's possible to obtain the degree in 1.5 years to two years. For more information, call Barbara Lamont at Ext. 3125.



What's on at

Friday – March 7	Saturday – March 8	Sunday – March 9
<ul style="list-style-type: none"> ☐ “Teen Talk” meets from 4 - 5:30 p.m. at the youth center. (Ext. 3180) ☐ People 13 and over can skate from 7 - 11 p.m. at the skating rink. (Ext. 1627) ☐ The video club meets from 3 - 4:30 p.m. at the youth center. (Ext. 3180) 	<ul style="list-style-type: none"> ☐ A wedding-arrangement class is 1 - 3 p.m. at the arts and crafts center. (Ext. 2194) ☐ The chess club meets from 10 a.m. - 3 p.m. at the RAF Lakenheath community activities center. (Ext. 2221) 	<ul style="list-style-type: none"> ☐ The rod and gun club sponsors a sporting shoot at 10 a.m. (Ext. 2368) ☐ Information, Tickets and Tours sponsors trips to London Historical at 8 a.m. or Stonehenge and Salisbury at 7 a.m. (Ext. 2979)

Position available

The 48th Services Squadron has a position open for a school-age coordinator. People who apply must be 18 years old or older and be able to speak, read and write English. For details, call Ext. 3166.

Travel Fair '97

Information, Tickets and Tours sponsors Travel Fair '97 from 10 a.m. - 4 p.m. Saturday. The event is free and open to anyone with base access. More than 70 vendors will be in the Information, Tickets and Tours parking lot. For more information, call Ext. 2979.

Concert ticket winner

Electric Avenue congratulates Tim Hodges, the winner of February's Soul promotion. Hodges won two tickets to see Luther Vandross in concert.

Tickets on sale

Tickets are on sale for all performances of “I Hate Hamlet” at the community activities center. Dates for performances are March 14, 15, 21, 22 and 23. Prices for evening performances are \$25 per couple or \$15 per single and include

dinner. Cost for the Sunday matinee is \$6. Call Ext. 2221 for more information.

Auto crafts center special

The auto crafts center offers a minor engine tune-up special for \$12.50. Call Ext. 2454 for details.

Animal Crackers

The next Animal Crackers meeting begins at 7 p.m. Monday at the community activities center. This month's topic is “Training Dogs in Shows.” For more information, call Ext. 222.1

Child-care training

Family child-care orientation training is 8 a.m. - 5 p.m. Monday and Tuesday at the base chapel. Sessions are open to military identification card holders residing in base housing. For more information, call Ext. 2389.

Community activities center

☐ The RAF Feltwell Community Activities Center sponsors youth hour from 5 - 6 p.m. Mondays and Wednesdays. This free activity is available to anyone under 15.

☐ The center sponsors a coloring contest throughout March.

☐ The center sponsors a Family Quiz Night from 3 - 5 p.m. March 15. Cost is \$3 per family. Trophies are given out to first, second and third places.

For more information, call Ext. 7022.

Library lecture series

The library sponsors the second in a series of six lectures from noon - 1 p.m. March 14. Ben Wright speaks on “The Wisdom of Lady Rognal, the Loathsome Hag,” or “What a Woman Wants.” Call Ext. 3713 for details.

St. Patrick's Day celebrations

The 48th Services Squadron offers several options for celebrating St. Patrick's Day. The community activities center sponsors a “Patrick's Peculiar Party” from 2 - 5 p.m. March 16. The RAF Feltwell Community Activities Center sponsors a party March 17. The Liberty Club sponsors a membership buffet for St. Patrick's Day March 14 and a Sunday brunch March 16. The officer's club sponsors a St. Patrick's Day party from 5 - 7 p.m.

At the movies

RAF Lakenheath

Friday

7 p.m. - “Get On The Bus” (R) Starring Charles Dutton and Ossie Davis. Fifteen African-American men, strangers to one another, begin a journey by bus to Washington, D.C., to participate in Louis Farrakhan's Million Man March.

9:30 p.m. - “Star Trek: First Contact” (PG-13) Starring Patrick Stewart and Jonathan Frakes. Captain and crew launch themselves into an adventure aboard the Starship Enterprise.

Saturday

7 p.m. - “The Preacher's Wife” (PG) Starring Whitney Houston and Denzel Washington. Rev. Henry Biggs, who doubts his ability to make a difference, is helped by an angel named Dudley.

9:30 p.m. - “Mars Attack” (PG-13) Starring Jack Nicholson and Glenn Close. An all-star cast is kept busy reacting to an attack by warmongering Martians.

Sunday

4 p.m. - “Ghosts of Mississippi” (PG-13) Starring Alec Baldwin and Whoopi Goldberg. A dramatization of the events surrounding the 1960s murder of civil-rights worker Medgar Evers.

7 p.m. - “Mars Attack” (PG-13)

Monday

7 p.m. - “Ghosts of Mississippi” (PG-13)

Tuesday

7 p.m. - “My Fellow Americans” (PG-13) Starring Jack Lemmon, James Lemmon and James Garner. Two ex-presidents are together on a trip evading pursuers, while trying to investigate the current president.

Wednesday

7 p.m. - “My Fellow Americans” (PG-13)

Thursday

7 p.m. - “Mars Attack” (PG-13)

Mar. 14

7 p.m. - “Ghosts of Mississippi” (PG-13)

9:30 p.m. - “My Fellow Americans” (PG-13)

RAF Mildenhall

Friday

7 p.m. - “Ghosts of Mississippi” (PG-13)

9:30 p.m. - “Jerry Maguire” (R) Starring Tom Cruise and Cuba Gooding, Jr. A sports agent is tossed out into the cold after he suggests the company could give more personal attention to fewer clients.

Saturday

7 p.m. - “Beavis and Butt-Head Do America” (PG-13) The boys discover their precious television set has been stolen. In search of it, they find themselves on a trek across America.

9:30 p.m. - “One Fine Day” (PG) Starring Michelle Pfeiffer and George Clooney. Two single parents facing career events are stuck with their children for the day.

Sunday

4 p.m. - “Jerry Maguire” (R)

7 p.m. - “Beavis and Butt-Head Do America” (PG-13)

Monday

7 p.m. - “Jerry Maguire” (R)

Tuesday

7 p.m. - “Jerry Maguire” (R)

Wednesday

7 p.m. - “Beavis and Butt-Head Do America” (PG-13)

Thursday


7 p.m. - “One Fine Day” (PG)

Mar. 14

7 p.m. - “Michael” (PG) Starring John Travolta and William Hurt. An angel with a mission doesn't let that get in the way of having fun during his assignment in human form.

9:30 p.m. - “First Strike” (PG-13) Starring Jackie Chan. A cop must retrieve a stolen nuclear warhead.

The “Jet 48” staff inadvertently ran this week's movie schedule in last week's magazine. The schedule shown here is correct.



Menu

Knights Table

Today
Lunch: pepper steak, broccoli-and-turkey casserole, lemon-herbed chicken
Dinner: beef-and-corn pie, roast turkey with barbecue sauce, vegetable curry

Saturday
Lunch: spinach lasagna, broccoli-chicken-potato casserole
Dinner: apple-glazed corn beef, turkey nuggets, Oriental chicken stir fry

Sunday
Lunch: barbecue beef cubes, pineapple chicken
Dinner: beef balls Stroganoff, jaegerschnitzel, ginger-barbecue chicken

Monday
Lunch: braised beef and noodles, baked chicken, vegetarian stuffed peppers
Dinner: barbecued pork chops, red beans and sausage, mustard-dill baked fish

Tuesday
Lunch: Swedish meatballs, gingered pork, crispy baked chicken
Dinner: Yankee pot roast, grilled Polish sausage, herbed baked fish

Wednesday
Lunch: tacos, fajitas, tamale pie
Dinner: chicken fried steak, meat loaf, turkey a la king

Thursday
Lunch: spinach lasagna, sweet-and-sour spareribs, vegetable-topped chicken breasts
Dinner: stuffed green peppers, chicken adobo, stir fry beef with broccoli



Photo by SSgt. Varerie Weaver

Keep your head up

Mike Callaghan shows a youth how to skate with the puck and keep his head up Wednesday during the youth center's in-line hockey clinic. More than 175 youths took part in the three-day clinic.

Leadership on the court

**By SrA. Joel Langton
Incirlik AB, Turkey**

Sport is the great common denominator. You want to know what someone is like? Watch 'em on the sports fields or courts.

Bob Woodward, half of the Washington Post journalist team that broke open Watergate, and I were talking. OK, OK, I was listening to his lecture, but I asked a question so I think it's a conversation. Allow me my fantasies.

My buddy, Bob, was talking about a big debate in the newspaper's office on running a story about a major politician who had cheated on the golf course.

Half of the staff said it was a telling characteristic, while the other half said it was a private matter. The private matter argument won. The politician was eventually run out of office over a scandal.

I used to have to carefully watch a friend I played board games with because he constantly cheated. Guess who is now in the big house serving time for tax evasion.

By watching someone play sports or games, you can determine if they're a team player or a hot dog, and maybe just what they're like as a co-worker.

If someone's flying around the basketball court, taking every shot possible while excluding others, guess what kind of

worker this person might be.

Yes, you've got it — a hot dog. Pass 'em the really big projects and watch them fly, but if there's no glory ... well, don't waste your time.

On the other hand, if someone passes the ball, tries to get other people open and sets picks, you obviously have a team player who'll benefit your office.

It's not just hot dog and team play extremes. Are they timid on the court? If so, I bet you they'll be timid in the office, maybe afraid to take on projects.

And the reverse applies. Are they willing to do whatever it takes on the court? Then the same will hold true on the job.

Perhaps sports should be a part of the job-interview process. Watch people and see how they blend in with other staff members.

Sports can also be used as a teambuilder. People learn to work better together on the courts. If you don't believe this, then tell me why the Air Force uses team sports in its professional military education programs. Here's a hint: It's not just for the fitness advantages. So, there are many things we can learn about each other from sports. When people say there's no point to sports, think again.

After thinking about it, I'm going to watch the Chiefs and Eagles ball games (at Incirlik) a little bit closer now.

Sports Shorts

Upcoming hockey events

The 3rd Air Force varsity ice hockey team play at the Peterborough Ice Rink several times in March. The Jets play against the Geillkirchen Canadian Air Force Team at 4:30 p.m. March 15 and 16. The Jets play the Nottingham Oak Leafs at 12:30 p.m. March 23. The final game of the month is at 12:30 p.m. March 29 against the British Division opponent, the Bracknell B52s.

Admission for all games is free. For more information, call Ext. 1952 or the ice rink at (01733) 260222.

Soccer officials needed

People interested in officiating soccer should contact Scott Blake at Ext. 2447. The season begins in April and ends in the second week of June.

Pot O' Gold tournament

A St. Patrick's Day Pot O' Gold bowling tournament begins at 7:30 p.m. March 15. Entry fee is \$20 per person with prizes awarded. Call Ext. 2108 for more information. Liberty Lanes, Fosters, Newcastle Brown Ale and Beamish sponsor the tournament.

Family Fun Day

Saturday is "Family Fun Day" at the skating rink. Adults receive free admission with children's paid admission. The skate is 2 - 6 p.m. and includes games and prizes. Call Ext. 1627 for more information.

RAF Feltwell step classes

Step aerobics classes are from 7 - 8 p.m. Mondays, Tuesday and Thursdays at the RAF Feltwell elementary school. For more information, call Ext. 5076.

Youth soccer registration

Registration for the youth spring soccer season continues through March 28. The league is for youth ages 5 - 18. Register at the youth center any time during operating hours or call Karl Pfoor at Ext. 3735 for details.

Softball, baseball leagues

Tryouts for the traveling softball and baseball league for youth ages 13 - 18 are from 9 a.m. - 4 p.m. Saturday, 1 - 4 p.m. Sunday, 9 a.m. - 4 p.m. March 15 and from 1 - 6 p.m. March 16 at the RAF Feltwell fields. The tryouts consist of practice and evaluations. For more information, call Karl Pfoor at Ext. 3735.

Soccer coach certification

A soccer coaches certification clinic is March 19 - 20 at the youth center. This class is for first-level certification. A second-level certification clinic is March 26. All sessions begin at 5:30 p.m. Coaches must pre-register for the clinics. Call Karl Pfoor at Ext. 3735 for information.